

A Brief Discussion on the Cultivation and Self-improvement of Physical Exercise Motivation of High School Students

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ABSTRACT. *Physical exercise has been an important course of high school education for a long time. However, although now many high school students know the promoting effect on their mental and physical healthy development, actually the enthusiasm and initiative for physical exercise are not very high. This paper first briefly reveals the characteristics of high school students' physical exercise and then puts forward the cultivation strategy for the physical exercise motivation of high school students as well as the main method for self-improvement.*

Keywords: *physical exercise of high school; physical education; physical exercise motivation; ability training*

1. Problems Existing in the Physical Exercise of High School Students

Currently, the high school students in China mainly have the following three problems in physical exercises.

1.1 Low interest in learning

The high school students, especially the grade two and grade three high school students, face a great learning stress. For many high school students, the physical exercise is only a method for relieving their learning stress. In the campus, they hope to input a lot of time and effort in learning but have no great interest in physical exercise.

1.2 Weak exercise consciousness after class

Due to a great stress brought by heavy homework after class, many high school students learn or rest but will not choose to do physical exercise actively. In addition, due to the development of smart mobile phone, many high school students get addicted to mobile phone games after class and seldom do physical exercise.

1.3 Weak durability in physical exercise

Some high school students do some physical exercise under the supervision of teachers and parents and also see the promoting effect of physical exercise on their mental and physical health, but shortly afterwards they put physical exercise behind themselves. The promoting effect of physical exercise on the exercisers' mental and physical health requires the exercisers' long-term and repeated participation. If it is halted, the exercisers' previous efforts will surely be wasted.

2. Cultivation Strategy for the Physical Exercise Motivation of High School Students

The PE teacher is an important participant of physical education in a high school. As for the prominent problems in physical exercise of high school students, the PE teachers should cultivate the students' physical exercise motivation from the following several aspects:

2.1 Innovate the teaching materials and enhance the students' understanding and cognition about the value of physical exercise

The physiology and psychology of high school students have grown mature and they have had their own thinking and judging criteria. In the teaching, the PE teachers should make innovation in the existing physical education materials from such aspects as science of physical education, exercise physiology, psychology and sociology and specify the promoting effect of physical exercise on their mental and physical health with diversified teaching content. The PE teachers should let the students know that the physical exercise not only can relieve the mental stress and psychological stress of heavy learning brought to them but also can improve their

confidence and cultivate their strong willpower and also improve their interpersonal skill and teamwork ability. These are the important qualities and abilities for them to enter university and social work.

2.2 Improve the teaching method and cultivate the students' interest in physical exercise

Traditionally, the PE teachers in a high school always orally explain the physical education knowledge and physically demonstrate the physical exercise skills in front of the students and then request the students to do as they were told. This teaching neglects the students' learning initiative and easily makes the students produce a sense of monotony, simplicity and repetition for physical exercise. Then the problems like being late, absent from class and tired of learning will appear for a period of time. Therefore, the PE teachers should make innovation in the physical education method. Based on the summary of the author's years of teaching practice, game teaching method, competitive teaching method, observation teaching method and network teaching method can obviously cultivate the students' physical exercise motivation. By taking the table tennis class for an example, the PE teacher lets the students play the "juggling relay" game; groups the students to have a simulation competition in which the students can serve as a player and also a judge; organizes the students to watch the table tennis training and competition video via multi-media (if the conditions permit, some high schools even can organize the students to watch the table tennis competitions held in the surrounding provinces and cities on the spot); and sets up the table tennis micro-course to let the students learn the table tennis knowledge and skills whenever and wherever possible.

3. Self-improvement of Physical Exercise Motivation of High School Students

Self-improvement means that the students can participate in the physical exercise independently without the help of teachers. In the physical education, self-improvement is a comprehensive ability manifested by the students in the physical exercise learning activity.

3.1 Make the physical exercise plan

One or two physical education classes in one week obviously cannot meet the physical exercise needs of high school students. Therefore, the high school students should make a physical exercise plan for themselves according to their actual situation. For example, run two laps slowly in the playground after arriving at the school each day; skip the rope for 200 times outdoors after school each day; play basketball, table tennis or badminton for an hour in a stadium near the home each weekend. When the exercise plan is made, the time, place and amount of exercise should be clearly written. The more detailed the better. Ambiguity should be avoided. After the plan is made, it should be submitted to the parents for checking to let them examine the exercise plan and correct the unreasonable place. After the plan is formed, the parents should supervise the physical exercise behavior.

3.2 Learn more about the extra-curricular knowledge on physical exercise

In spare time, the students can borrow books from the school library or surf the internet at home to search the information about physical exercise, including the domestic and foreign sports events, growth experience of sports celebrities, explanation of sports competition rules, teaching video of physical exercise skills or some inspirational films about sports. In the learning process, the students should develop a habit of making notes, record the knowledge points and doubts and then discuss with the teachers, classmates or parents. Compared with the physical education materials used in the physical education of schools, the physical education information searched from the library or internet has big advantages both in depth and breadth. The high school students can make them have a deep understanding and cognition of physical exercise by learning more about the extra-curricular knowledge on physical exercise. Besides enriching the knowledge reserve and improving the exercise skill, they also can find their own learning and struggle objectives so as to make their study and life full of motivation.

4. Conclusion

Good physical exercise motivation not only can make the students participate in the physical education activity proactively but also can enhance the students' durability of participating in physical exercise. In the physical education, the PE

teachers should improve the teaching content and method on the basis of the high school students' physical and mental development characteristics to improve their physical exercise motivation. This is a kind of sustained work which requires the PE teachers to take it seriously in the whole process of teaching.

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